HER BECOMING COLLECTIVE · FREE STARTER RESOURCE

The 7-Day Becoming Me Reset

Your next chapter. Your becoming.



Small steps. Real life. A whole lot of becoming.

Seven days of simple movement, nourishment, mindset and self-care - about 10 to 15 minutes a day. No extremes. No all-or-nothing. No starting over.

For women in midlife who are ready to feel like themselves again.

WELCOME

You are not starting over. You are becoming.

Welcome to Her Becoming Collective. This reset is for the woman who has spent a lot of years showing up for everybody else and is ready to start showing up for herself, too.



Samantha, founder of Her Becoming Collective

I am Samantha - a working mother of three boys, a hairstylist, and a woman in her 40s figuring out what feeling like myself again actually looks like. After 20 years of yo-yo dieting and losing 70 pounds, I learned something I wish I had known sooner: I did not need to be smaller to be happy. I needed to feel stronger, more energised, and more like me.

That is what these seven days are about. Not fixing you. Not overhauling your life. Just one small movement goal, one simple nourishment habit, one mindset prompt and one self-care action each day - and a community of women doing it alongside you.

No perfection. No comparison. No pressure to have it all figured out. Just real women, real life, small steps and a whole lot of encouragement.

Because this chapter matters, too. And we are becoming together.

- Samantha

BEFORE YOU BEGIN

How to use this reset

10-15 minutes a day

Each day fits around work, family and real life. Do the four parts together or spread them through your day.

Nothing to buy

You need a pen, this workbook - printed or on your phone - and a water bottle. That is all.

Our ground rules

- Miss a part of a day? Pick up with the next one. A missed day is not a failed week.
- Make every movement your own - swap, shorten or soften anything to suit your body and your day.
- No weigh-ins, no before-and-after photos, no comparing your week to anyone else's.
- Share your daily check-in in the group if you would like to. Encouragement travels fast there.

Your week at a glance

Day	Theme	Your focus	Done
1	Start Where You Are	10-minute walk · water before coffee	☐
2	Move Your Body	Stretch or gentle strength · add a fruit or veg	☐
3	Nourish Yourself	A colourful plate you enjoy · eat sitting down	☐
4	Become Her	Repeat a movement · one promise kept	☐
5	Prioritized Me	Movement you enjoy · prep one thing	☐
6	Stronger Me	One new strength move · protein at breakfast	☐
7	Your Next Chapter	Your favourite movement · choose your keepers	☐

The four pillars behind every day: **Stronger Me** (movement), **Nourished Me** (food and hydration), **Confident Me** (mindset) and **Prioritized Me** (self-care and boundaries).

DAY 1 OF 7

Start Where You Are

No starting over. Just noticing.

Today is not about doing more. It is about noticing where you are, kindly, and taking one small step from there.

MOVE

- [ ] A 10-minute walk, at whatever pace feels good.

NOURISH

- [ ] Drink a glass of water before your morning coffee or tea.

MINDSET

Finish this sentence: “Right now, I feel most like myself when…”

SELF-CARE

- [ ] Go to bed 15 minutes earlier than usual.

DAILY CHECK-IN

What is one small thing that would make tomorrow feel a little easier?

DAY 2 OF 7

Move Your Body

Stronger, not punished.

Movement today is a thank-you to your body, not a penalty. Keep it gentle, keep it short, and notice how you feel afterwards.

MOVE

- [ ] 10 minutes of stretching or gentle strength - bodyweight squats, wall push-ups, or a short video you already like.

NOURISH

- [ ] Add one vegetable or fruit to a meal you already eat.

MINDSET

“My body has carried me through a lot. Today I move to thank it, not punish it.” Sit with that for a minute, then write what comes up.

SELF-CARE

- [ ] Step outside for 5 minutes, no phone.

DAILY CHECK-IN

How did your body feel after moving - energised, stiff, calm, tired? There is no wrong answer.

DAY 3 OF 7

Nourish Yourself

Food that supports you, not rules that restrict you.

Nourishment is not another set of rules. Today, build one plate that supports you - and actually sit down to enjoy it.

MOVE

- [ ] Take the stairs once, park a little further away, or add 5 extra minutes to your walk.

NOURISH

- [ ] Build one plate with protein, something colourful, and something you actually enjoy.

MINDSET

Name one food rule you have carried for years that you are ready to loosen. Write it down, then write what you would rather believe instead.

SELF-CARE

- [ ] Eat one meal sitting down, without scrolling.

DAILY CHECK-IN

What did you notice about your energy after eating today?

DAY 4 OF 7

Become Her

Confidence is a practice, not a personality trait.

Confidence is not something other women were born with. It grows, quietly, every time you keep a small promise to yourself.

MOVE

- [ ] Do yesterday's movement again - repetition counts as progress.

NOURISH

- [ ] Drink water with every meal today.

MINDSET

Write down one promise you kept to yourself this week, however small. Then write one promise for tomorrow.

SELF-CARE

- [ ] Do one thing that makes you feel like you - music, lipstick, a favourite top, or 10 quiet minutes.

DAILY CHECK-IN

What would the most confident version of you do tomorrow?

DAY 5 OF 7

Prioritized Me

Making room for yourself in a busy life.

You are allowed to take up space in your own life. Today is about making a little room - on purpose, without apologising for it.

MOVE

- [ ] 10 minutes of movement you genuinely enjoy - dancing in the kitchen counts.

NOURISH

- [ ] Prep one thing for tomorrow: overnight oats, a chopped salad, or a filled water bottle.

MINDSET

Finish this sentence: “I deserve time for myself because…”

SELF-CARE

- [ ] Say no to one thing today that drains you, or ask for help with one thing.

DAILY CHECK-IN

What got in the way of your own time today - and what could make room tomorrow?

DAY 6 OF 7

Stronger Me

Small promises, real progress.

Look how far a week of small steps reaches. Today, try one new strength move - and keep the habit that has felt easiest all week.

MOVE

- [ ] Try one strength move you have not done this week - a plank, a glute bridge, or a set of squats. Two rounds, rest between.

NOURISH

- [ ] Add a protein source to breakfast.

MINDSET

Look back at Days 1 to 5. Which habit felt easiest? Which felt hardest? Write both down - and plan to keep the easy one.

SELF-CARE

- [ ] A 10-minute evening wind-down: stretch, journal, or just sit quietly.

DAILY CHECK-IN

What are you most proud of from this week so far?

DAY 7 OF 7

Your Next Chapter

Keep going - your way.

This is not an ending. Today you choose the habits that felt most like you, and you carry them into next week - and beyond.

MOVE

- [ ] Your choice: repeat your favourite movement from the week.

NOURISH

- [ ] Cook or assemble one meal that makes you feel nourished and satisfied.

MINDSET

Write a short note to yourself, starting: “Dear me, this week I learned…”

SELF-CARE

- [ ] Plan one small thing for next week that is just for you.

DAILY CHECK-IN

Pick the 2 or 3 habits from this week you want to keep, and write them on the next page. Those are your foundation.

AFTER THE RESET

My keepers

Circle back through your check-ins and choose the 2 or 3 habits that felt easiest, kindest, or most like you. Write them here. These are yours to keep - no deadline, no pressure to add more.

KEEPER 1

KEEPER 2

KEEPER 3

Share them in the group. Post your keepers in Her Becoming Collective so we can celebrate with you. No before-and-after photos, no weigh-ins - just what you are keeping, and why.



Stronger in body. More confident in yourself.

WHAT HAPPENS NEXT

Ready for your next chapter?

If seven days showed you what small, steady steps can feel like, imagine thirty - with a plan, a community, and a weekly check-in to keep you going.

The Consistency Project

A guided 30-day experience built on the same four pillars: Movement, Nourishment, Mindset and Self-care.

- Starts **Monday, January 4, 2027**
- Private Facebook community with women on the same journey
- 30-day workbook, daily habit and movement trackers
- Weekly themes and mini-challenges, weekly live accountability sessions
- Reflection prompts, progress celebrations and a completion certificate

Founding members: $39 **Standard price after: $49**

Week 1 Start Where You Are · Week 2 Move Your Body · Week 3 Nourish Yourself · Week 4 Become Her. Registration details will be shared in the Her Becoming Collective group.



A LAST WORD

This chapter matters, too.

You do not have to overhaul your life, chase perfection, or become someone else. You can start right where you are and build a life that feels better, one small choice at a time.

Thank you for spending this week with us. Keep your keepers close, come back to this workbook whenever you need a gentle reset, and keep showing up in the group - we are figuring it out together.

You are not starting over. You are becoming.

- Samantha, Her Becoming Collective

A gentle note

This workbook is general wellness education and encouragement for everyday life. It is not medical advice, and it does not diagnose, treat or prescribe anything - including meal plans or exercise programs for a health condition. Move in ways that feel safe for your body, adapt or skip anything that does not, and talk with your own healthcare professional about hormones, pain, a health condition, or anything you are unsure about. If something hurts, please stop and get it checked.

© Her Becoming Collective. Please share the invitation, not the file - invite a friend to join the free group and start her own reset.